This monthly support group will provide the opportunity to learn about resources and to discuss the challenges of long distance caregiving. Participants will share difficult feelings and concerns and talk through ways of coping with them. Self-care, setting boundaries and sharing the care

Enterpris

Weiser

IDAHC

Cascade

Home Ketchun

Long Distance Caregiving

Support Group

with other family members will be discussed. Facilitated by Lisa Bakke, Geriatric Mental Health Specialist, the Family Caregiver Support Coordinator at Jewish Family Service. She holds a Master's Degree in Psychology from Antioch University Seattle and heartily enjoys teaching and facilitating support groups of various kinds. Her own journey loving and losing her mom to Alzheimer's informs and guides the works she does with family caregivers throughout King County.

Vegas

Quartzs

Brawley 7

RSVP: 206.297.0875

munity Begins Here

**Greenwood Senior Center** 

PHOENIX

**Great Fall** 

Bozeman

Gardiner

(491)

Livingsto

Butte

West

Dillon



Oceanside 9

San Diego

Ridgecres

El Cajon (78

Bremerton

Brd Mondays

**7-8:30pm** 

Gold

St Pari Eureka

**Rio Dell** 

Fort

21015

Palo Alto

Santa Cruz

Monterey

Big Su

San Simeo

River NRA 101

Weaverville

Redding

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Oakland

**O** Salinas

Santa

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